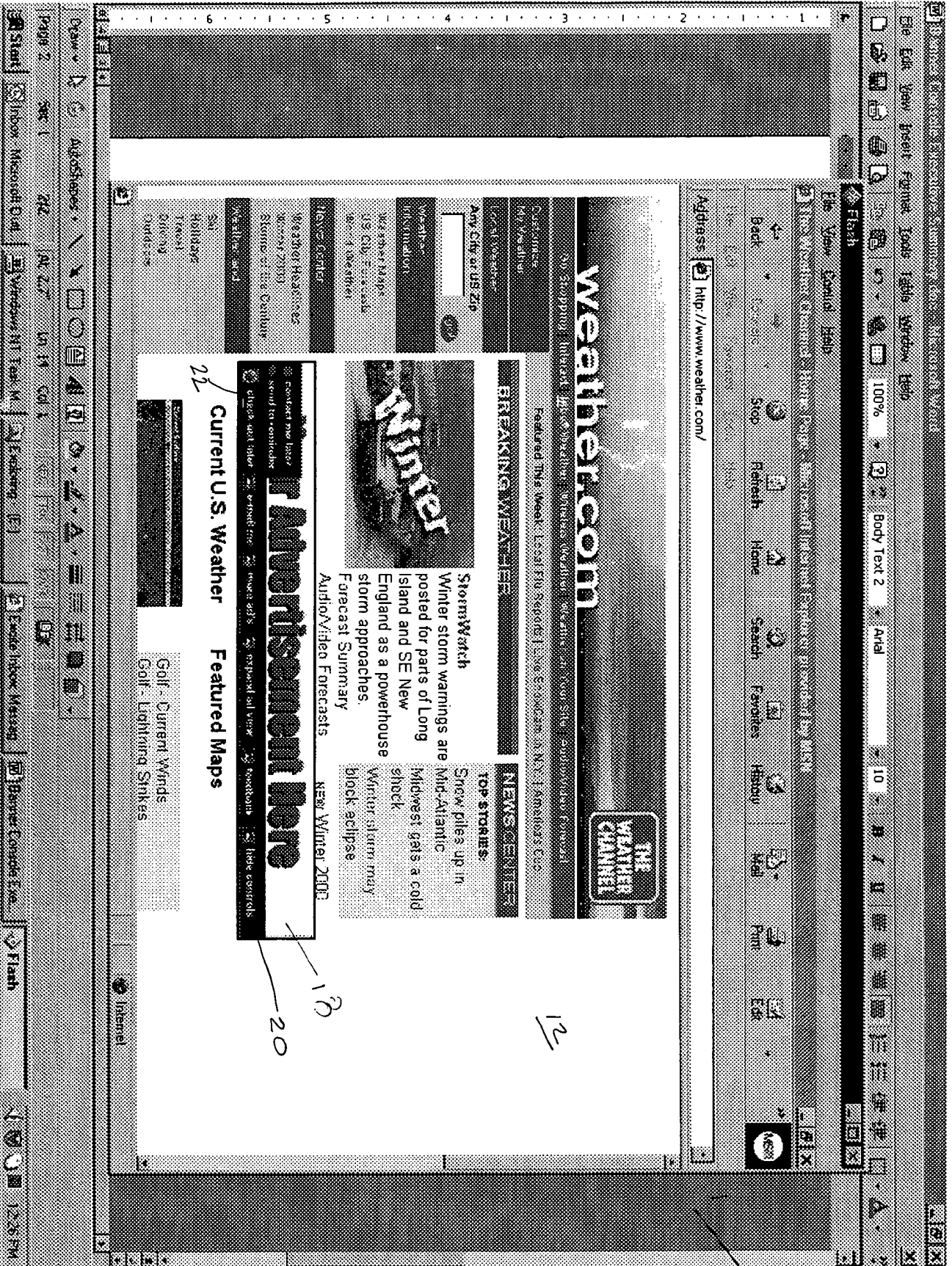


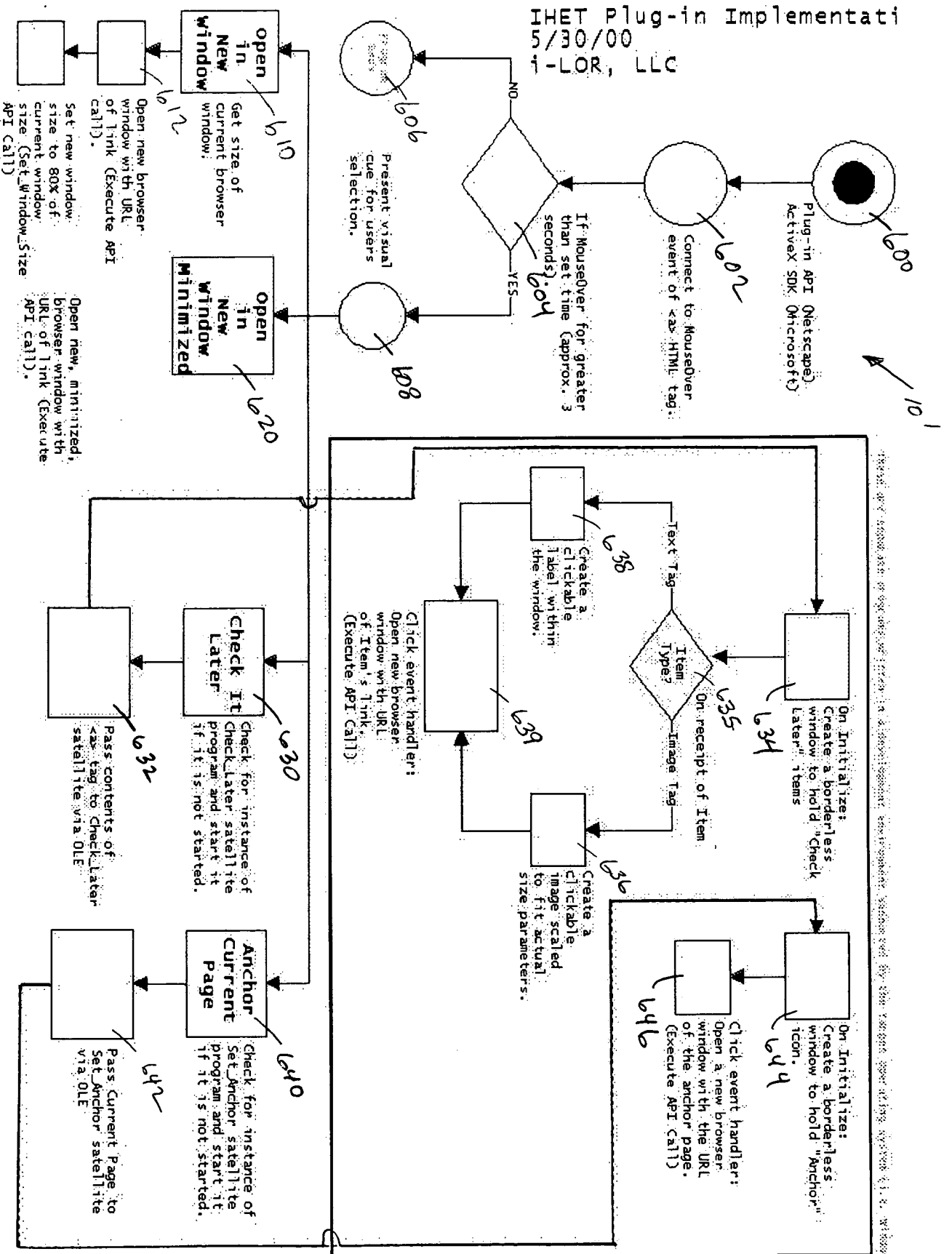
# The Internet Link Enhancer Process

ILOR, LLC - Date: 4/26/2000

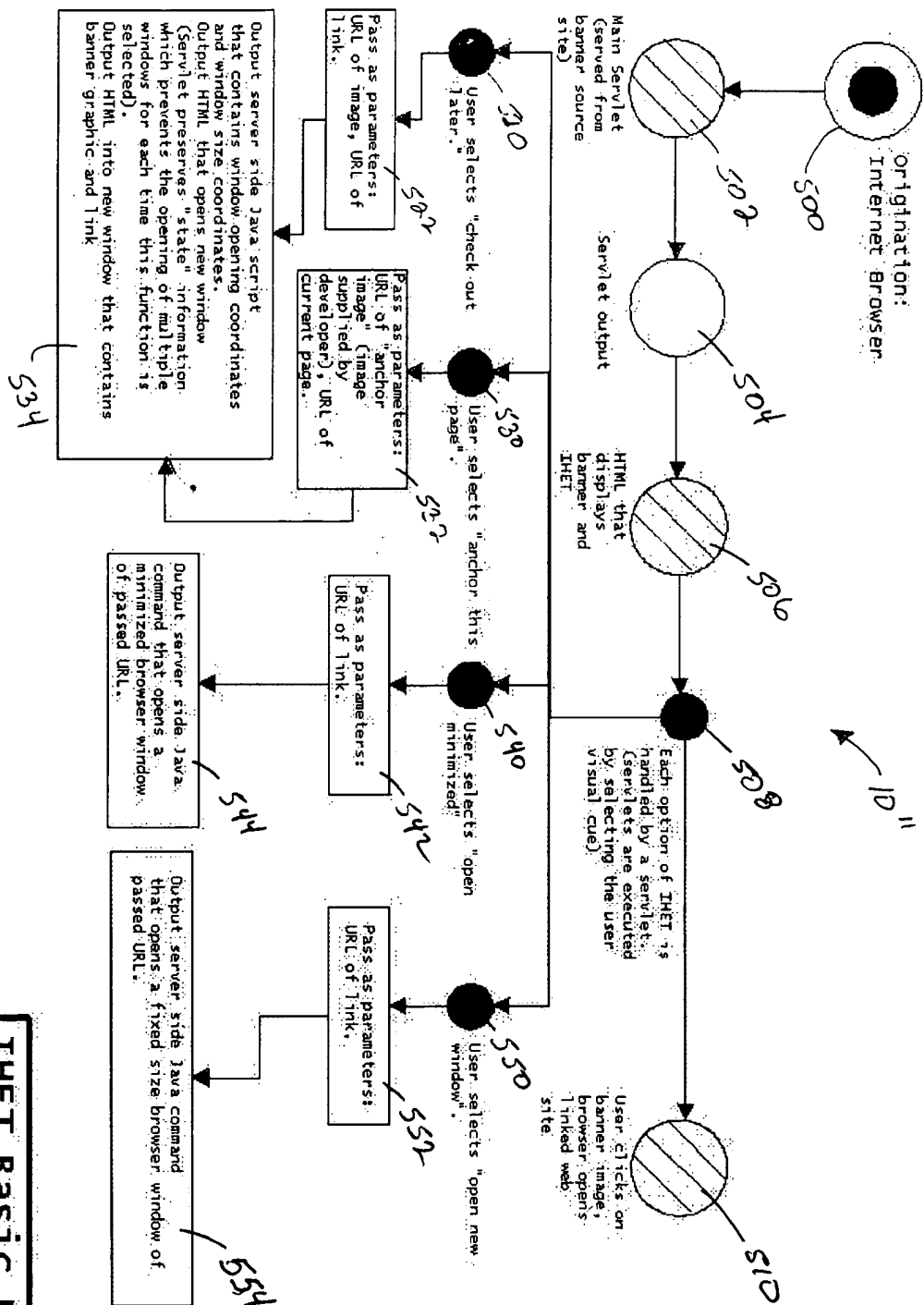
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**Abstract**—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of three sessions per week, each lasting 30 minutes. The control group did not participate in any exercise program. The HR and HRR were measured at rest and during maximal exercise at the beginning and end of the 12-week period. The results showed that the exercise group had a significant decrease in HR and HRR at rest and during maximal exercise compared to the control group. The control group showed no significant changes in HR and HRR. The findings suggest that a 12-week training program can improve cardiovascular fitness in sedentary middle-aged men.



**IHET Basic Process**  
**i-LOR, LLC**  
**5/30/00**

FIG. 4

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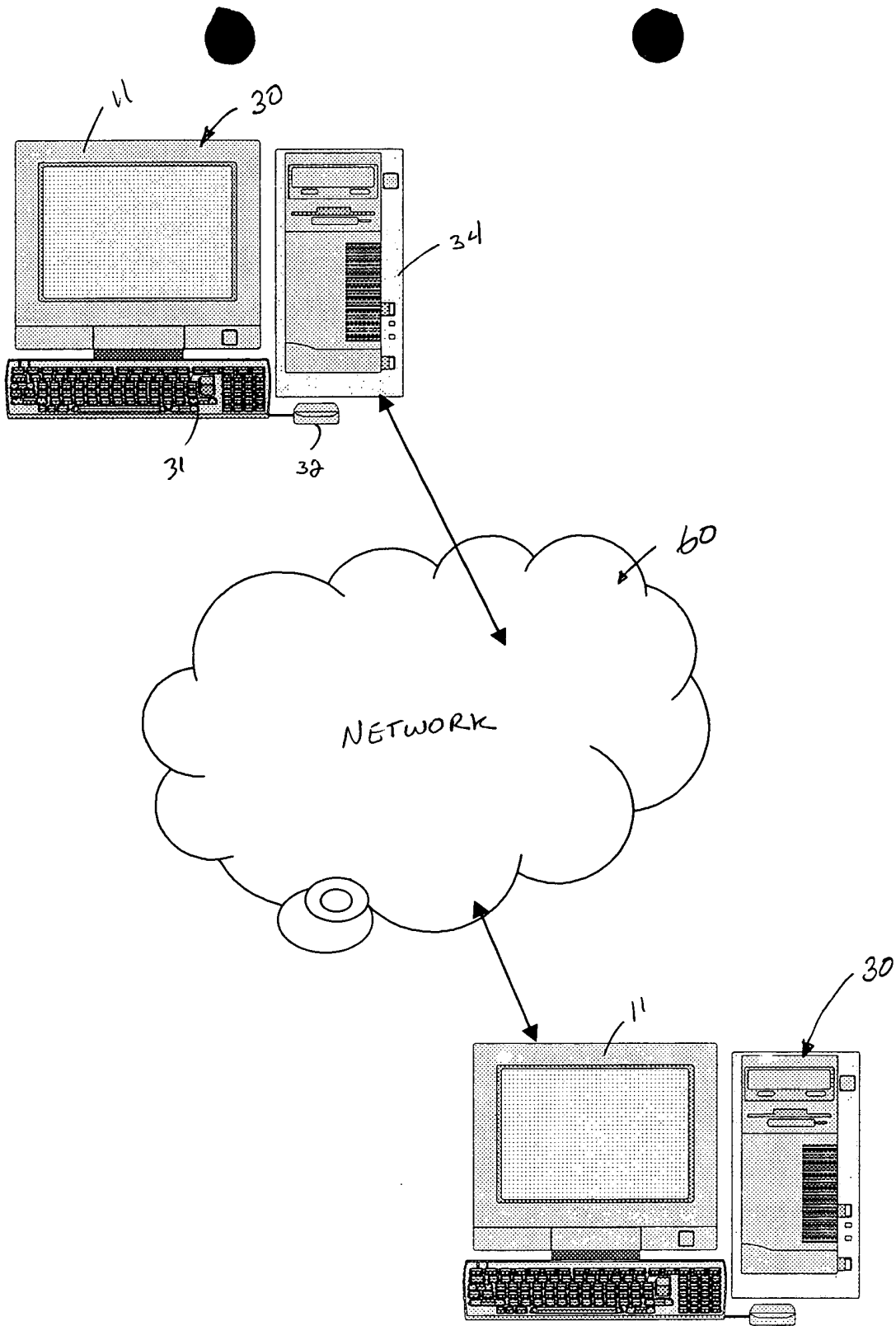


FIG. 5

